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July is Park and Recreation Month!

There are five week-ends in July 2011.

Create a healthy week-end habit by going to a:

- Park
- Trail
- Playground
- Swimming pool
- Natural area
- or other public space every week-end!

Check out <http://www.nrpa.org/july/> for more ideas.

SW Region CHNS address Infant Mortality

The SW Region Community Health Nurse Specialists (CHNS) sponsored a School Nurse Workshop on Infant Mortality at the Southwest Co-op in Hope on June 13.

The training included school health strategies to reduce infant mortality rates. It was open to all school nurses in the Dawson, De-Queen/Mena, South Central, and Southwest Co-ops and provided 5.5 continuing education hours to participants.

The workshop addressed not only infant mortality, including Sudden Infant Death Syndrome, but also trends in adolescent sexual health and behavior. Portions of the DVD's "Sex

Has a Price Tag" and "Mothers/Fathers Too Soon" were shown.

Community Health Promotion Specialist Emily Lyon presented information on folic acid and its importance during pregnancy.

CHNS Edie Greenwood, Cheryl Byrd, Rhonda McDonald, and Tommie Rogers also took the opportunity to discuss Act 811 and the harmful effects of tobacco use with participants.

Act 811 of 2011, which goes into effect July 27, makes it a primary offense to smoke in a vehicle when a child under the age of 14 is present. The driver can

be pulled over by law enforcement and issued a ticket.

Participants were asked to complete pre and post tests for evaluation purposes. There was a 77% increase in knowledge from the pre to the post test.

Thirty-three nurses attended the training.



L to R : Edie Greenwood, Cheryl Byrd, Rhonda McDonald, Emily Lyon, and Tommie Rogers

Local media coverage received on Act 811

Melinda Harrell, Columbia County Health Unit Administrator, was interviewed by the Banner-News of Magnolia recently in regard to Act 811, which will go into effect on July 27. The Act makes it unlawful to smoke in a vehicle with a child under the age of 14 present.

Harrell expressed that she was thrilled this new law will protect more children since their "developing respiratory, immune, and nervous systems are especially vulnerable to the dangerous health effects of second-hand smoke." She also stated that "the con-

centration of second-hand smoke in vehicles can exceed that in homes and bars by 10 to 100 times due to their confined space."

Smokers who want to quit were urged to call the Arkansas Tobacco Quitline at 1-800-QUIT-NOW.

Prevention taught in SW Co-op district

Community Health Nurse Specialist (CHNS) Edith Greenwood has been active in the schools and community recently educating about tobacco use, family planning, teen parenthood, STD's, and prescription drug misuse.

Last month she educated 7th-11th grade students in Lafayette, Miller, and Nevada County schools on the prevention of teen pregnancy and STD's, as well as the consequences of these problems and where to go for help.

She also addressed adolescents age 11-17 through "Camp Save-A-Life", which was held on the UACCH campus in Hope this past June. Students learned about communicable diseases, including but not limited to STD's, their causes, and how they can be prevented. Glo-Germ was used to demonstrate how a sneeze travels and

the importance of hand washing. Students also learned the harmful effects of tobacco use.

Health unit administrators from the SW Region were shown the PowerPoint slideshow *The Clinicians Role in Fighting Tobacco Use* at one of their recent meetings. A pre and post test was administered to assess knowledge. There was a 13 percent increase overall in knowledge from the pre to the post test with a 36 percent increase in knowledge of the Quitline number and an increase of 39 percent in the 2 A's and an R concept.

She also showed the video *We Have a Problem in Arkansas* to the Stamps Rotary group. It is produced by Rotary Arkansas. The video discusses the problem Arkansas has with the misuse of prescription drugs by teenagers and the

take back initiatives in the state to properly dispose of prescription drugs. Act 811 and how it differs from Act 13 was also discussed with the group, as well as how tobacco and alcohol are gateway drugs.

Greenwood conducted 3 Heartsaver CPR classes in June. Morning and afternoon classes were offered in the Prescott School District in early June and 13 teachers and coaches took advantage of the opportunity. Another workshop was held at the SW Educational Cooperative for school staff on June 22. Tobacco cessation, heart and lung health risks of tobacco use, and Act 811 were discussed with those in attendance. None of the four knew that Act 811 prevented smoking in a vehicle with a child under the age of 14.

2nd annual Food, Fun, & Fitness Camp a success

Article contributed by Nashville City Park

The 2nd Annual Food, Fun, & Fitness Camp was held at the Nashville City Park the week of June 6-10, 2011. Participants included (photo left to right) Alexis Bullock, Khawan Scott, Jonathan Hagler, Kyron Starr, Amiya Benson, Joe Sperka, Allison Dauzat, Whitney Mullins, Bravyn Bell, Joshua Rodgers, Cali Dauzat, and Garrett Lance.

Campers participated in many activities during the camp that were aimed at helping them learn to make healthy lifestyle choices including exercise, sports, healthy snacks and meals, arts,

and outdoor activities.

Some of the activities were daily exercise, theatre, nutrition, sports, healthy cooking, ATV safety, basic first aid, tobacco education, gardening and herbs, fishing, and self image. Students also had time for crafts and nature hikes and learned to identify animal tracks and wildlife skins and skulls.

Volunteers and sponsors for the program in-



Food, Fun, & Fitness Program participants

cluded: Arkansas Cooperative Extension Service- Howard County, Arkansas Game & Fish Commission- Grandview, Bell's Gym, Elberta Arts Center, Howard County Farmer's Market, Howard County Health Coalition, Howard County Health Unit, McDonald's, Nashville Parks & Recreation, Papa Pablans, Salon Britt 218, Simple Simon's Pizza, Sonic, Southwest EMS, Subway,

and Tyson.

Providing assistance in Polk County

Polk County Health Unit offered free car seat inspections to clients on June 28. Bonnie Carr, Rural Health Specialist with AR Department of Health and certified Child Passenger Technician, instructed parents on the proper way to install their child's car safety seat. Plans are under way to offer this



Bonnie Carr shows a parent how to properly install her car seat in her vehicle.

service again in the future to clients as well as anyone interested in properly transporting children.

Polk County Health Unit Administrator Brenda Huff represented the Quality of Life Coalition by attending an *Assisting Victims of Violent Crimes* workshop at Rich Mountain Community College on June 29th. The workshop was sponsored by

Southwest Domestic Violence/Crisis Center. The course is designed to provide a practical guide to those assisting victims of violent crimes.

Presenters from the Arkansas State Crime Lab and Arkansas Crime Victims Reparations Board spoke to members of the Polk County Sheriff's Department, Western Arkansas Guidance and Counseling, Mena Police Department and the Polk County Health Unit.

Health official responds to county ranking

The Arkansas Democrat-Gazette recently published results of a new study that shows the lifespan of women in 19 Arkansas counties is declining due to unhealthy lifestyle choices.

Since Ouachita County was tied for the 65th place in the rankings, health unit administrator Rebecca Wright was asked to make a statement.

Although she declined to comment until she had time to study the report, she was contacted by staff from the Camden News within the week and provided a response.

Wright told the Camden News that health department programs and A Healthy Ouachita County (AHOC), the local Hometown Health coalition, have programs in place to educate today's generation and hopefully have an impact on future ones.

The coalition sponsors Walk Across Ouachita County annually in conjunction with the Ouachita County Cooperative Extension Service. The eight week fitness program features team competitions and encourages healthy lifestyle changes.

AHOC Coalition members have assembled a speakers' bureau and provided local businesses with a list of topics to choose from. Subject matter includes healthy eating, exercise, tobacco use, injury prevention, diabetes, substance abuse, depression, health literacy, and stroke and heart attack prevention. The training segments are approximately twenty minutes in length and are appropriate for "Lunch & Learns", staff meetings, health events, etc.

The group also addresses tobacco and other drug use, tobacco-free parks, and tobacco cessa-

tion through presentations at civic clubs, school assemblies and parent and town hall meetings, as well as focused campaigns throughout the year.

In addition, WIC, a supplemental food and nutrition program at the health department helps families to make healthy food choices and provides a nutritionist for one-on-one counseling.

Wright acknowledged that it takes several years to change behavior but hopes they are on the right track.

Research for the study was conducted by the Institute for Health Metrics and Evaluation at the University of Washington. For more information or to view statistics for your county go to www.CountyHealthRankings.org.

Garden benefits Dallas County residents

First picking at the Dallas County community garden was done the last week in June and the produce was taken to the Senior Center to be shared. It included squash, zucchini, and peppers.

DASH members are hoping for a bountiful harvest this year to increase vegetable consumption in the community and help supplement the diet of residents who are on a fixed budget.



Keith Gresham and Kathy May from Extension Office

The garden has recently been producing cucumbers, peas, tomatoes, and okra and the corn will be ready in a few days.

Keith Gresham the new County Cooperative Extension Agent has been checking the garden every day, including weekends. He has already planted



Hand therapy

some more squash and plans to replant more peas soon.

Therapists from St. John's Place, a local nursing home who provides land for the garden, has found another way for the garden to benefit the community besides just providing produce. They are using pea shelling as hand therapy exercise! Once they're shelled, the peas are then cooked and served to residents who are quite happy about the arrangement.

Clark County Health Unit sponsors prostate screenings

A prostate screening clinic was held the afternoon of Friday, June 17 at the Clark County Health Unit. Dr. Bryan McDonnell from the Arkadelphia Medical Clinic volunteered to conduct the exams and the Prostate Foundation supplied the clinic supplies for testing and prostate educational materials. Clerical intake, routing, and venipuncture services were provided by the health unit.

An information booth was set up in the waiting area. Brochures were available on several

topics, including local health unit services, tobacco cessation, cardiovascular health, STDs, men's health, and car seat safety.

Prostate health shower cards, coffee mugs, and pens were given out to the 65 in attendance.

Health unit staff who worked the event included Terry Sims, Cindy Humphries, Rita Stokes, Janet Thornton, Derek Scrivner, Shontrese Brock, Whitney Moore, Karen Ashcraft, Ann Caldwell, and Darlene Partridge.



Dr. Bryan McDonnell and Terry Sims, PHN

Sun-Sensible Tips

Article from the Corporate Wellness Advisor newsletter

Exercising good sun sense is important even if you don't work outside. The most effective way to avoid the harmful effects of UV radiation is to make it a habit, an indispensable part of your daily routine. This includes applying sunscreen that protects against both types of radiation from the sun: UVA and UVB rays.

UVB rays are the ones primarily responsible for sunburn, affecting the outer layer of the skin, while UVA rays are linked to deeper skin damage and cancer. The FDA has recently mandated that sunscreens labeled as "broad spectrum" protect against both kinds.

Other ways to preserve healthy skin include wearing protective clothing such as wide-brimmed hats and sunglasses while outdoors.

Summer and sun go hand in hand, and there's no reason to hibernate until September. A few precautions and some common sense go a long way.

Follow these FDA sun protection tips:

- Plan your outdoor activities to avoid the sun's strongest rays. As a rule, seek shade and remember that the sun's UV rays are the strongest between 10am and 4pm. You can also use the "shadow rule"; the sun's UV rays are strongest when the shadow you cast on the ground is shorter than you are.
- Use extra caution near water and sand because they reflect damaging UV rays and increase your chance of sunburn and other damage to the skin and eyes.
- Wear protective clothing such as wide-

brimmed hats, and long pants and long-sleeved shirts made of tightly woven fabric to reduce sun exposure.

- Wear sunglasses that provide 100% UV ray protection (look for models that advertise both UVB and UVA protection). For best results, apply sunscreen 30 minutes before sun exposure and reapply every 1.5 to 2 hours even on cloudy days and after swimming or sweating.
- Carefully examine all of your skin once a month. Early detection of melanoma can save your life. A new or changing skin lesion should be evaluated by a dermatologist.



2011 School Health Conference held in Hot Springs

The 3rd Annual School Health Conference, A Design for Success: Constructing a Healthy School Environment, was held at Hot Springs Convention Center June 28-30, 2011. Participants from all over Arkansas and a few from out of state attended the statewide event. There were over 300 attendees and they ranged from school nurses, teachers, coaches, and school administration to Department of Health and Department of Education staff.

SW Region Community Health Nurse and Promotion Specialists (CHNS/CHPS) attended the conference to assist in facilitation of workshops, teach

CPR for school personnel, and staff an informational booth. CHPS Emily Lyon co-presented on the Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC) program with Christine Reifeiss and Sarah Brisco and shared her experiences on implementing it in the SW Region. NAP-SACC is a statewide program aimed at improving the eating and physical activity environments in child care centers.

Howell Wechsler, EdD, MPH, was the keynote speaker. He is the director of the Division of Adolescent and School Health and supervises the management of its three surveillance systems -

Youth Risk Behavior System, School Health Policies and Programs Study, and School Health Profiles.

Among the multitude of topics were Breakfast in the Classroom, Smiles for a Lifetime, Healthy Learning and Moving, Tobacco Stomp, Health Promotion for Staff, Childhood Obesity, School Wellness, Camp Fit and Fun, Joint Use Agreements, School-Based Tools for Injury Prevention With Youth, Teen Pregnancy, Young Moms, No Kid Hungry Campaign, Youth Drinking Reduction Strategies, Child Health Advocacy, Asthma, School Based Mental Health, and many more!

Baby Safety Showers address injury prevention for infants

Alison Rose with AR Children's Hospital held a two-day training in Arkadelphia on July 7 and 8 on injury prevention for infants. The training is a learning party for pregnant women called Baby Safety Showers. The injury prevention course is a coordinated system of evidence-based education, interventions, and research programs developed to target children who are most vulnerable to serious injuries.

Eight women from the SW Region were trained

on the first day of the workshop to prepare and lead Baby Safety Showers. As part of the workshop, the new educators were invited to participate in an actual training that took part on day two in which 20 expectant moms and family members or friends participated.



Alison Rose explains the program to women.

Each "shower" lasts 1 ½ hours and every participant leaves with safety items to help make their home safer. Participants are also given an appointment for the next week to follow up with a car safety inspection volunteer so they can learn how to properly install their car seat to keep their infant safe.

Garden goodness

Now that summer is here, fruit is in season and gardens are rich with colorful, healthy produce. If they are not already, before long, gardeners will be sharing an overabundance of their crops with friends and coworkers.

Zucchini is a summer favorite. Enjoy it roasted or sautéed and flavored with grated parmesan cheese and a dash of black pepper, or a dash of sea salt and an Italian-herb blend.

Also be sure to explore the unique flavor of grilled vegetables. Some great options are onions, sweet peppers, asparagus, eggplant, mushrooms, zucchini, and corn on the cob. For a sweet treat, grill some peaches or pineapple. Try frozen grapes, blueberries, or pineapple chunks for a cool delight or blend ice and skim milk or juice with mixed berries.

Antioxidants, potassium, vitamin C, and fiber make blueberries a powerful superfood. In season, they are rich with natural sweetness. Freeze them and eat like popcorn, or add to yogurt or oatmeal.

When green beans, summer squash and tomatoes are plentiful in backyard gardens and farmers' markets, try this quick recipe:

Braised Green Beans & Summer Vegetables

Ingredients

1 tbsp extra-virgin olive oil
1 small onion, halved and sliced
1 tbsp finely chopped fresh oregano, or 1 tsp dried
1/2 cup reduced-sodium chicken broth
1 pound green beans, trimmed
1 medium summer squash, or zucchini, halved and cut into 1-inch pieces
1 cup halved cherry or grape tomatoes
1/4 tsp salt
1/4 tsp freshly ground pepper
1/4 cup finely shredded Parmesan cheese



Preparation

Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring, until softened and beginning to brown, about 2 minutes. Add broth and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice.

Add summer squash (or zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more. Season with salt and pepper. Serve sprinkled with Parmesan cheese.

Nutrition per serving: 92 calories; 4 g fat (1 g sat , 2 g mono); 2 mg cholesterol; 10 g carbohydrates;

0 g added sugars; 3 g protein; 3 g fiber; 158 mg sodium; 290 mg potassium.

Find more healthy recipes at www.eEatingWell.com.

Healthy Lungs and Healthy Skin workshop held

Dawson Co-op in Arkadelphia was the host site for the Healthy Lungs and Healthy Skin Workshop presented on June 14 for 4th-8th grade science teachers. The 6 hour workshop was presented by Dr. Robert Burns, Director of the Partners in Health Sciences program and Professor in the Department of Neurobiology and Developmental Sciences at UAMS.

The "Healthy Lungs" component was designed to increase the trainee's knowledge and understanding of the pulmonary components of the cardiopulmonary system and its major diseases, lung cancer and emphysema. The "Healthy Skin" component was designed to increase the trainee's knowledge and understanding of the basic functional anatomy of the skin and the three major types of skin cancer.

Each of the 36 participants received a resource kit that contained lung and skin models, syllabus with laminated color images, and a CD of all PowerPoint images for use with students.

The workshop was co-facilitated by CHNS Tommie Rogers and CHPS Emily Lyon who are housed in the Dawson Co-op.

Senior Health Fair held in Montgomery County

Kim Adams, Administrator of the Montgomery County Health Unit, organized the second annual Mini Senior Health Fair at the Senior Center on June 13, 2011. Participants were encouraged to attend each booth for different screening services, such as blood pressure, urinalysis, BMI, weight, blood sugar, skin cancer, balance, strength, flexibility, memory, and bone density. They were also able to get their Medicare card laminated and pick up information on Assisted

Living and Hospice. The Senior Center provided fruit, cookies, and juice.

All 55 attendees seemed to appreciate the services provided and the Center staff invited everyone to come back next year to continue the popular event.

Other health department staff helping with the health fair included Bonnie Carr, Sue Watkins, Susan James, Sharon Farley, and Ellen Young.



Sue Watkins and Susan James take part in Senior Health Fair .

Organiz



Joni McGaha— SWR HHI Coordinator
Sarah Powell, RHS, Hempstead Co.

Janet McAdams— SWR HHI Manager
Bonnie Carr, RHS, Montgomery Co.

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Nashville Community Garden

A new community garden has been started in Nashville with funds from a Healthy Communities Grant. These photos show how the garden looked on first planting day (by seed) on May 17 and how much it had grown by June 24. The middle pictures are from a drip irrigation workshop that was held on June 13.



Around the Region...

Clark County— An ATV Safety Program presentation was made at Goza Middle School in Arkadelphia on June 8. The speakers were Shane Eoff, ATV Safety Research Coordinator for Arkansas Children's Hospital (ACH) and Sarah Bemis, trauma nurse with ACH.

Sixth through 8th grade students heard about injuries resulting from ATV use, as well as the importance of wearing a helmet and rider training, among other safety tips. Bemis then shared some of the medical equipment (IV's, Ambu bag, catheters, chest tubes, neck braces, feeding tube, diapers, etc.) that is commonly used on patients with serious ATV injuries.

This ATV Safety Program was funded by the Ross Foundation and piloted in Clark County.

Hempstead County - The Christian Benevolent Ministries and Women of Hope sponsored a health fair on June 25 in Hope.

Edith Greenwood, Community Health Nurse Specialist, staffed a booth that provided information on tobacco and smoking cessation, STDs, and teen parenthood.

Secondhand Smoke, and Tips for Quitting Tobacco pamphlets were also distributed.

Each person who visited the booth was asked if they used tobacco and if they did not, they received a bracelet or dog tag with an SOS message. In addition, education of the new Act 811 of 2011 was provided. The fair drew a diverse crowd of approximately 100 people.

Ouachita County Health Unit Administrator Rebecca Wright spoke at the Governor's Dislocated Workers Task Force meeting in Camden on June 23. The workshop was held for workers who had been laid off from Esterline Technologies.

At the beginning of the presentation, participants were asked if they knew there was a toll-free number they could call for smoking cessation assistance. None of the 15 knew about the number or Quitline service. By the end of the presentation they were all aware of the Quitline and how to reach it. A locally developed brochure outlining health department services, including those offered in Ouachita

County, and the 1-800-QUIT-NOW number was given to everyone in attendance.

Polk County Health Unit staff hosted MASH (Medical Application of Science Health) students at the unit on June 29. Carolyn Dugan, RN, gave a guided tour of the unit to the group of 12. Upon completion, the participants were given bags with information on health unit programs and questions were answered by staff members. MASH is sponsored by the Mena Regional Health System.

